

## Report on Yoga and Meditation 2021-22

Yoga awareness programme was organised in the college for the freshers. Faculties of Alva's College of Naturopathy and Yogic science addressed the students. They explained the significance of yoga to keep healthy and strong body and mind.

Followed by this, the yoga session was conducted for the students. 700 students of Alva's college participated in the session.

The session began by seeking the blessings of the almighty. Post graduate students of Alva's College of Naturopathy and Yogic science demonstrated many asanas. Asanas starting with warming up and stretching were followed by a series of padmasana, sukhasana, tadasana, bhujangasana and ending with shavasana. Exercise for relieving stress, joint pain and enhancing the flexibility of the back were also done for the benefit of the students as well as teachers.



